



# *Sunsweet* RECIPES



# *Sunsweet* Prunes

## The Finest California Produces

When the recipe calls for prunes, you call for SUNSWEET. Because SUNSWEET Prunes are the finest prunes you can serve on your table, bake into a cake, or fill into a pie.

### **SUNSWEETS are Tree Ripened**

They are not picked off the trees like other fruit. Not SUNSWEET Prunes! They are allowed to hang in the sunshine until they're so plump and juicy they actually drop from the trees of their own weight, and are then carefully gathered by hand.

### **SUNSWEETS are "Teaderized"**

This is a SUNSWEET process which employs only heat and moisture, but which leaves the prunes extra plump . . . extra tender . . . extra quick cooking . . . extra good in every way.

### **SUNSWEETS are Sealed in Foil**

SUNSWEET Prunes are hot-packed in foil-sealed cartons. The foil wrapping seals in all the original rich flavor and goodness of the fresh-packed fruit. This carton is unsurpassed as a dried fruit package. We also pack SUNSWEET Prunes in cellophane, pliofilm, and other transparent materials.

### **SUNSWEETS are Grower-packed**

The SUNSWEET name is owned by us growers who produce and pack the fruit. We're proud of our brand name and proud of our fruit . . . and you can count on us to put our finest into every SUNSWEET package.





### SPICY PRUNE MUFFINS

- $\frac{3}{4}$  cup pitted unsweetened  
cooked SUNSWEET Prunes
- $\frac{1}{4}$  cup shortening
- $\frac{1}{2}$  cup brown sugar (packed)
- 1 egg
- 2 cups sifted all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{2}$  cup liquid from prunes
- $\frac{1}{2}$  cup milk

Chop prunes. Cream shortening and sugar together. Blend in egg. Sift together flour, baking powder, salt and spice. Add to creamed mixture alternately with cooking liquid and milk. Blend in prunes. Fill greased muffin pans about  $\frac{2}{3}$  full. Bake in hot oven (400 degrees F.) 20 to 25 minutes. Makes about 15 medium-sized muffins.

### APRICOT NUT LOAF

- 1 cup SUNSWEET Apricots
- 3 cups sifted all-purpose flour
- $\frac{3}{4}$  cup granulated sugar
- 4 teaspoons baking powder
- $1\frac{1}{2}$  teaspoons salt
- 1 cup chopped walnuts
- 1 egg
- $1\frac{1}{2}$  cups milk
- $\frac{1}{4}$  cup melted shortening
- 1 tablespoon grated orange  
rind

Rinse apricots, cover with water and boil 15 minutes, or until

barely tender. Cool, drain and chop. Sift together flour, sugar, baking powder and salt. Stir in walnuts. Beat egg lightly and add milk, shortening and rind. Stir liquid mixture and apricots into dry mixture. Turn into greased loaf pan (about 9x4x3 inches) and allow to stand for 15 minutes. Bake in moderate oven (350 degrees F.) 1 to  $1\frac{1}{4}$  hours. Remove from pan and cool on wire rack. Makes 1 loaf.

*Illustrated on Page 5.*



## PRUNE DESSERT COFFEE CAKE

- 2 cups cooked SUNSWEET Prunes
- 1½ cups sifted all-purpose flour
- ¾ cup granulated sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ cup shortening
- 1 egg
- ½ cup milk

### *Topping:*

- ½ cup granulated sugar
- ½ cup shredded coconut
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- ¼ cup sour cream

Pit prunes. Sift together flour, sugar, baking powder, salt and spice. Cut in shortening. Beat egg lightly and add milk. Stir into dry mixture. Turn into 9-inch square pan. Arrange prunes over batter. Bake in moderately hot oven (375 degrees F.) 25 to 30 minutes. Spread with topping mixture and bake 10 minutes longer. Serve warm. Makes 9 3-in. squares.

*Topping:* Mix all ingredients together thoroughly.

*Illustrated on opposite page.*

## SUNSWEET FILLED COFFEE CAKE

- ¾ cup sifted all-purpose flour
- ½ cup granulated sugar
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup fine dry bread crumbs
- ¼ cup shortening
- 1 egg
- ½ cup milk

### *Filling:*

- ½ cup pitted cooked SUNSWEET Prunes
- ¼ cup roasted unblanched almonds
- ½ cup brown sugar (packed)
- 2 tablespoons all-purpose flour
- 1 teaspoon cinnamon
- 1 teaspoon grated orange rind
- 2 tablespoons butter or margarine

Sift together flour, sugar, baking powder and salt. Blend in crumbs and shortening. Beat egg lightly, add milk and stir into dry mixture. Spread ½ the batter in bottom of greased 8-inch layer pan. Spread ½ the filling over batter. Cover with remaining batter and spread remaining filling on top. Bake in hot oven (400 degrees F.) about 30 to 35 minutes. Serve warm, as breakfast bread or for dessert.

*Filling:* Drain and chop prunes. Chop almonds. Blend sugar, flour, spice, rind and butter until crumbly. Mix in prunes and almonds and spread as indicated above. Makes 1 8-inch coffee cake.

*Apricot Nut Loaf (Recipe Page 3) and Prune Dessert Coffee Cake (Recipe Above)*









### APRICOT KOLACHY

- 1 package hot roll mix
- 2 tablespoons granulated sugar
- 1 egg
- 1 cup SUNSWEET Apricots
- 1½ cups water
- ½ cup granulated sugar for apricots

Mix hot roll dough as directed on package, omitting ¼ cup of liq-

uid and adding 2 tablespoons sugar and 1 egg lightly beaten. Cover and let stand in warm place until doubled in volume (about 1 hour). Meanwhile, rinse apricots, add water and cook 20 minutes or until tender. Add sugar and cook, stirring frequently until consistency of jam. Cool. Turn dough out onto floured board and roll to about ½ inch in thickness. Let rest a few minutes. Cut with 2½-inch round cutter and brush top and bottom with oil or melted butter. Place on baking sheet and let rise again until doubled in bulk. Make dent in center of each roll with back of teaspoon and fill with a teaspoon-full of apricot mixture. Bake in moderate oven (350 degrees F.) about 20 minutes until browned. Serve warm. Makes about 1 dozen quick rolls.

### CALIFORNIA QUICK BREAD

- ¾ cup cooked SUNSWEET Prunes
- 1½ cups sifted all-purpose flour
- ¾ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 cup whole wheat flour
- 1 cup granulated sugar
- 1 egg
- 1 cup sour milk
- ½ cup liquid from prunes
- 2 tablespoons melted shortening
- ½ cup chopped walnuts

Cut prunes from pits into small pieces. Sift together all-purpose flour, salt, baking powder and soda. Combine with whole wheat flour and sugar. Blend together lightly beaten egg, sour milk, prune liquid and melted shortening and stir into dry ingredients. Stir in nuts and prunes. Pour into large (9x4x3½ inches) greased loaf pan. Bake in moderate oven (350 degrees F.) from 50 to 60 minutes. Makes 1 loaf.



## APRICOT-PINEAPPLE UPSIDE DOWN CAKE

- 1 cup SUNSWEET Apricots
- $\frac{1}{4}$  cup butter or margarine
- $\frac{1}{2}$  cup brown sugar (packed)
- $\frac{1}{3}$  cup drained crushed pineapple
- 2 tablespoons syrup from pineapple
- $\frac{1}{3}$  cup shortening
- $\frac{1}{2}$  cup granulated sugar
- 1 egg
- $\frac{1}{2}$  teaspoon vanilla extract
- $1\frac{1}{4}$  cups sifted all-purpose flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup milk

Rinse apricots, cover with water and boil slowly 20 to 25 minutes.

Drain. Melt butter and blend in brown sugar, pineapple and syrup. Arrange apricots in bottom of greased 8-inch square pan and pour pineapple mixture over them. Cream shortening and granulated sugar together thoroughly. Blend in lightly beaten egg and vanilla. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk. Spread batter over fruit. Bake in moderate oven (350 degrees F.) about 45 minutes. Let stand 5 minutes before removing from pan. Serve slightly warm, either plain or with whipped cream. Serves 6 to 8.

## TOPSY-TURVY GINGERBREAD

- 16 SUNSWEET Peach halves (about 1 cup)
- $\frac{1}{4}$  cup butter or margarine
- $\frac{1}{2}$  cup brown sugar (packed)
- 1 package gingerbread mix

Rinse peaches, cover with water and boil 5 minutes. Lift from water and cool slightly. Rub off skins. Return to cooking water and boil until tender (about 30 minutes). Melt butter in bottom of 8-inch square pan. Blend in brown sugar and 2 tablespoons

cooking liquid from peaches. Arrange drained peaches in sugar mixture. Mix gingerbread as directed on package. Pour batter over fruit. Bake in moderate oven (350 degrees F.) 1 to  $1\frac{1}{4}$  hours. Allow to stand 5 minutes. Invert pan to remove gingerbread. Serve warm. Serves 8.

*All California Prunes are good. SUNSWEET Prunes are extra good because of SUNSWEET'S exclusive "Tenderized" process.*





## NEW PRUNE UPSIDE DOWN CAKE

- 3 tablespoons butter or margarine
- $\frac{1}{3}$  cup brown sugar (packed)
- $\frac{1}{3}$  cup dark corn syrup
- 30 cooked SUNSWEET Prunes
- $\frac{1}{2}$  cup shortening
- $\frac{3}{4}$  cup granulated sugar
- 1 egg
- $1\frac{1}{2}$  cups sifted cake flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup milk
- 1 teaspoon grated lemon rind
- 1 teaspoon vanilla extract

Melt butter in bottom of 9-inch square pan and blend in brown

sugar and corn syrup. Pit prunes and arrange in syrup as you would like them to appear on top of cake.

Cream shortening and sugar together thoroughly. Blend in egg and beat thoroughly. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk, beginning and ending with flour. Blend in rind and vanilla. Pour batter over fruit in pan. Bake in moderate oven (350 degrees F.) 50 to 60 minutes. Invert pan to remove cake. Serves 6 to 9.

## SUNSWEET CAKE FILLING

- $\frac{2}{3}$  cup SUNSWEET Prunes
- $\frac{1}{2}$  cup SUNSWEET Apricots
- $1\frac{1}{2}$  cups water
- $\frac{1}{2}$  cup granulated sugar
- $2\frac{1}{2}$  tablespoons cornstarch
- Few grains salt
- 1 tablespoon butter or margarine
- 1 teaspoon lemon juice

Rinse fruits, add water and simmer 15 minutes. Cool. Pit prunes and chop prunes and apricots. Add  $\frac{1}{2}$  cup of cooking liquid (use water if necessary to make up volume) and heat. Blend sugar, cornstarch and salt thoroughly and stir slowly into hot fruit. Cook and stir until clear and very thick. Remove from heat and blend in butter and lemon juice. Cool thoroughly before spreading. Makes filling for 8 or 9-inch 2-layer cake.

*SUNSWEET Prunes are high in iron and copper. Because of their relatively high content of these two valuable food minerals, they are important in the diet. Use them often.*





## SUNSWEEET BIRTHDAY CAKE

- 1¼ cups cooked SUNSWEEET Prunes
- 1 cup shortening (part butter)
- 1½ cups granulated sugar
- 3 eggs
- 2¼ cups sifted all-purpose flour
- 2¼ teaspoons baking powder
- ¾ teaspoon soda
- 1 teaspoon salt
- ¾ cup buttermilk
- 1¼ teaspoons vanilla extract
- Harvest Moon Frosting

Cut prunes from pits into small pieces. Cream shortening and butter. Add sugar and cream thoroughly. Stir in beaten eggs. Sift flour with baking powder, soda and salt. Add to creamed mixture alternately with buttermilk. Stir in prunes and vanilla. Pour into 2 greased 9-inch layer cake pans. Bake in moderately hot oven (375 degrees F.) 35 to 40 minutes. Remove from pans and cool on wire rack. Frost with Harvest Moon Frosting. For a novel birth-



day idea, use pitted prunes and halved maraschino cherries for candle holders. Serves 12 to 14.

*Harvest Moon Frosting:* Combine 2 unbeaten egg whites, 1 cup brown sugar, packed, dash of salt and ¼ cup water in top of double boiler. Beat with rotary beater until thoroughly mixed. Cook over rapidly boiling water, beating constantly with rotary beater 7 minutes, or until frosting will stand in peaks. Remove from heat, add 1 teaspoon vanilla and beat until thick enough to spread on cake.

## PRUNE SOUR CREAM PIE

- 2 cups cooked SUNSWEEET Prunes
- 2 eggs
- 2½ cup honey
- 2½ cup sour cream
- ¼ teaspoon salt
- 2 tablespoons lemon juice
- Pastry for single 8-inch crust (your own recipe or ready-mixed)

Cut prunes from pits into large pieces. Beat eggs lightly and blend in honey, sour cream, salt, lemon juice and prunes. Pour into pastry-lined pie pan. Bake in very hot oven (450 degrees F.) 10 minutes. Reduce to moderately hot (375 degrees F.) and bake 30 to 40 minutes longer. Serves 6.







## SUNSWEEET PRIZE PRUNE PIE

- 2¾ cups cooked SUNSWEEET Prunes  
Pastry for single 9-inch crust  
1 egg  
⅓ cup granulated sugar  
⅛ teaspoon salt  
1 tablespoon lemon juice  
½ cup cooking liquid from prunes  
½ cup brown sugar (packed)  
¼ cup all-purpose flour  
½ teaspoon cinnamon  
3 tablespoons butter or margarine

Pit prunes and arrange in pastry lined pie pan. Beat egg, and blend in sugar, salt, lemon juice and prune liquid. Pour over prunes. Blend brown sugar, flour, spice and butter until crumbly and sprinkle over fruit. Bake 10 minutes in very hot oven (450 degrees F.). Reduce temperature to moderate (350 degrees F.) and bake 20 to 30 minutes longer, until set in center. Serves 6 to 8.

*Illustrated on opposite page.*

## SPICY PEACH PIE

- 2½ cups cooked unsweetened SUNSWEEET Peaches  
Pastry for 8-inch crust and strip top  
⅓ cup cooking liquid from peaches  
2 teaspoons cornstarch  
½ cup granulated sugar  
Few grains salt  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
2 tablespoons lemon juice  
1 tablespoon butter or margarine

Arrange drained peaches in pastry-lined pie pan. Heat cooking liquid and add cornstarch, sugar, salt and spices blended thoroughly. Cook and stir until clear and thickened. Remove from heat and blend in lemon juice and butter. Pour over peaches. Top with pastry strips arranged lattice fashion. Bake in hot oven (400 degrees F.) for 25 to 35 minutes. A delicious fruit pie for winter use. Serves 6.

## SUNSWEEET HOLIDAY TARTS

- 1½ cups cooked SUNSWEEET Prunes  
⅓ cup granulated sugar  
1 to 2 tablespoons lemon juice  
½ cup table cream  
Pastry for 6 3½-inch tarts (basis 1 cup flour)  
⅓ cup chopped walnuts

Cut prunes from pits into small pieces. Blend with sugar, lemon juice and cream. Spoon into pastry-lined tart pans and sprinkle with nuts. Bake in hot oven (425 degrees F.) for 20 to 25 minutes. Good for holiday season or any time. Makes 6 tarts.





### PRUNE MERINGUE PIE

- 1½ cups cooked SUNSWEET Prunes
- 1 cup liquid from prunes
- 1 cup crushed pineapple
- ¼ cup granulated sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 3 eggs
- 1 baked 9-inch pastry shell
- 6 tablespoons granulated sugar for meringue

Cut prunes from pits into pieces. Combine with cooking liquid and pineapple and heat. Blend sugar, cornstarch and salt together thoroughly and stir into hot fruit. Cook and stir until mixture boils thoroughly and is clear. Beat egg yolks lightly and stir a little of hot fruit into egg yolks. Stir slowly into remaining fruit. Cook 3 to 4 minutes longer over very low heat. Remove from heat and cool. Pour into baked pastry shell. For the meringue, beat egg whites until they are stiff and then beat in the sugar, 1 tablespoon at a time. Pile meringue lightly over the filling, and bake in moderately slow oven (325 degrees F.) for 15 to 20 minutes. Cool the pie thoroughly before cutting. Serves 6 to 8.

### PRUNE COCONUT CRUNCH

- 1 cup pitted cooked SUNSWEET Prunes
- ¼ cup cooking liquid from prunes
- ½ cup granulated sugar
- ½ teaspoon cinnamon
- ¾ cup sifted all-purpose flour
- ¼ teaspoon salt
- ¾ cup brown sugar (packed)
- ⅓ cup butter or margarine
- ¾ cup quick-cooking oats
- ¾ cup shredded coconut

cook and stir until mixture is consistency of thick jam. Allow to cool slightly while preparing remaining ingredients. Sift flour with salt. Stir in sugar; cut in butter until mixture is crumbly. Stir in oats and coconut. Spread half the mixture in 8-inch round pan. Spoon prune mixture over it, and top with remaining dry mixture. Bake in moderately slow oven (325 degrees F.) about 45 minutes. Serve warm, plain or with cream. A delicious dessert that will be a favorite. Serves 6 to 8.

Chop prunes. Combine with cooking liquid, sugar and spice and

*No soaking . . . quick cooking . . . "Tenderized" SUNSWEET Prunes take only minutes to prepare.*



## APRICOT CHIFFON PIE

- $\frac{3}{4}$  cup SUNSWEET Apricots
- 2 cups water
- $\frac{1}{8}$  teaspoon salt
- $\frac{2}{3}$  cup granulated sugar
- 2 eggs
- 1 envelope (1 tablespoon)  
plain gelatin
- $1\frac{1}{2}$  tablespoons lemon juice
- $\frac{1}{2}$  cup whipping cream
- $\frac{1}{2}$  cup shredded coconut
- 1 9-inch crumb shell or baked  
pastry shell

Rinse apricots, add water and simmer, uncovered, 30 minutes or until tender. Measure  $\frac{3}{4}$  cup cooked apricots, and force through a sieve. Add  $\frac{3}{4}$  cup cooking liquid, salt and  $\frac{1}{3}$  cup

sugar. Heat over hot water. Separate eggs and beat yolks lightly. Stir into hot mixture and cook and stir until thickened slightly. Remove from heat. Soften gelatin in lemon juice and dissolve in hot apricot mixture. Cool until mixture begins to thicken. Beat egg whites until stiff and gradually beat in remaining sugar. Fold into apricot mixture. Fold in whipped cream and coconut. Turn into crumb shell or baked pastry shell. Simmer remaining cooked apricots with sugar to taste. These may be used as garnish on top of pie, along with the remaining coconut, if desired. Serves 6.

## BAKED PRUNE WHIP

- 1 cup cooked SUNSWEET  
Prunes
- 1 tablespoon lemon juice
- 3 egg whites
- Few grains salt
- $\frac{1}{4}$  cup granulated sugar

Pit prunes and force through a sieve. Blend in lemon juice. Beat egg whites with salt until stiff and gradually beat in sugar. Fold in sieved prunes. Turn into greased  $1\frac{1}{2}$ -quart casserole and set in pan of hot water. Bake in moderate oven (350 degrees F.) 45 to 55 minutes. Serve warm or cold. May be served plain or with

custard sauce made with egg yolks. Serves 4.

*SUNSWEET dried fruits are natural confections. Eat 'em like candy, right out of the package. They're good any way, any time.*





## PRUNE DUMPLINGS WITH LEMON SAUCE

Pastry (basis 1½ cups flour)

- 18 cooked SUNSWEET Prunes
- Granulated sugar
- Cinnamon

### Sauce:

- ½ cup granulated sugar
- 2 tablespoons cornstarch
- 1½ cups hot water
- ½ teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 1 tablespoon butter or margarine

Roll pastry thin and cut into 6 5-inch squares. Pit prunes and

place 3 on each square. Sprinkle with sugar and a dash of cinnamon. Pinch together corners of pastry over prunes. Place in flat baking pan. Bake in hot oven (425 degrees F.) about 45 minutes. Serve warm with sauce.

*Sauce:* Blend sugar and cornstarch thoroughly. Add water and cook and stir until mixture boils. Blend in lemon rind, juice and butter. Add a few halved pitted prunes to sauce if desired. Serves 6.

*Illustrated on opposite page.*

## APRICOT RICE CUSTARD

- 1 cup SUNSWEET Apricots
- 1 cup granulated sugar
- 2 eggs
- 2 cups scalded milk
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup cooked rice
- 1 tablespoon cornstarch
- ¼ teaspoon grated lemon rind
- 1 tablespoon butter or margarine

Rinse apricots, add 1½ cups water and boil slowly 15 minutes. Add ½ cup sugar and boil 5 minutes longer. Beat eggs and

blend in remaining sugar, milk, salt and vanilla. Stir in rice and ½ cup cooked apricots, quartered. Turn into 1-quart baking dish and set in pan of hot water. Bake in moderate oven (350 degrees F.) 1 to 1¼ hours, or until set in center. Heat remaining apricots in cooking liquid. Blend in cornstarch moistened in 2 tablespoons cold water, and cook and stir until clear and thickened. Remove from the heat and blend in the grated lemon rind and butter. Serve warm on the warm custard. Serves 5 to 6.

*The recipes in this book have been especially developed for SUNSWEET "Tenderized" fruits. Therefore, SUNSWEET fruits should invariably be used. SUNSWEET "Tenderized" fruits are more mellow, more tender, quicker-cooking.*







## APRICOT DESSERT ROLLS

- 1 cup SUNSWEET Apricots
- 2½ cups water
- 1½ cups sifted all-purpose flour
- 1¾ cups granulated sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- ¼ cup shortening
- ½ cup milk
- 1 tablespoon melted butter or margarine

Rinse apricots, add water and boil slowly 25 minutes, or until fruit is tender. Drain, reserving liquid. Sift together flour, 2 tablespoons sugar, baking powder and salt. Cut in shortening. Add milk

and mix thoroughly. Roll out into rectangle about 6x9 inches. Spread with butter. Then arrange apricots over dough. Sprinkle with ½ cup sugar. Roll as for jelly roll, from short side, to make 9-inch roll. Combine cooking liquid and water to make 1½ cups with remaining sugar, and heat to boiling. Pour into 8-inch square baking dish. Cut roll into 9 slices and place quickly in hot syrup, cut side down. Bake in hot oven (425 degrees F.) about 25 minutes. Serve warm with sauce which forms in bottom of pan.

## PRUNE APPLE BETTY

- 2 cups sliced cooking apples
- ½ cup brown sugar (packed)
- ¼ teaspoon cinnamon
- ⅛ teaspoon salt
- ¼ cup melted butter or margarine
- 1½ cups soft bread crumbs
- 1 cup pitted cooked SUNSWEET Prunes
- ⅓ cup cooking liquid from prunes
- 1 tablespoon lemon juice

Mix apples, sugar, spice and salt. Pour butter over crumbs and mix lightly. Arrange layers of apples, prunes and bread crumbs in greased 1½-quart casserole. Repeat layers, having crumbs for top. Combine prune cooking liquid and lemon juice and pour over all. Cover closely. Bake in moderate oven (350 degrees F.) about 45 minutes or until apples are tender. Uncover and bake 15 minutes longer, or until browned on top. Serve warm, plain or with cream. Serves 4 to 5.

*Because of their high content of quickly assimilable natural fruit sugars, SUNSWEET Prunes are an excellent quick-energy food.*





## PRUNE WHIP FREEZE

- $\frac{3}{4}$  cup milk
- 1 egg
- $\frac{1}{2}$  cup granulated sugar
- $\frac{3}{4}$  cup pureed cooked SUN-SWEET Prunes
- 3 tablespoons orange juice
- 3 tablespoons lemon juice
- $\frac{1}{8}$  teaspoon salt
- 1 cup whipping cream

Cook milk, lightly beaten egg and  $\frac{1}{4}$  cup sugar over hot water, stirring continuously until mixture coats spoon. Cool. Mix remaining  $\frac{1}{4}$  cup sugar with pureed prunes, fruit juices and salt. Fold fruit and whipped cream into cooled custard. Pour into re-

frigerator tray, place in freezing compartment with control set at lowest temperature, and freeze to desired consistency, stirring occasionally with a fork. When the whip is firm, reset the temperature control to normal. This makes about  $1\frac{1}{2}$  pints frozen whip.



## PRUNE CARAMEL ICE CREAM

- 1 cup cooked SUNSWEET Prunes
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  cup water
- $1\frac{1}{2}$  cups milk
- 2 eggs
- $\frac{1}{8}$  teaspoon salt
- 1 teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon mace
- 1 cup whipping cream

Cut prunes from pits into small pieces and chill. Combine  $\frac{1}{4}$  cup sugar and water and cook until a golden brown in color. Add milk and cook and stir until sugar is

dissolved. Pour over beaten eggs, stirring briskly to prevent curdling. Add remaining sugar, salt, flavoring and spice; cool. Fold in whipped cream. Turn into refrigerator tray and place in freezing compartment with control set at lowest temperature. Freeze until firm. Turn out into chilled bowl and beat with rotary beater until smooth and fluffy. Fold in prunes. Return to freezing compartment and freeze to desired consistency. When firm, reset temperature control to normal. This makes about 1 quart of ice cream.

*It's good to feel good, and SUNSWEET Prunes are the "feel good" fruit. They are not only good eating, but good for you as well.*





### SUNSWEEET APRICOT MOUSSE

- 2 egg whites
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup granulated sugar
- 1 cup whipping cream
- $\frac{3}{4}$  cup pureed cooked  
SUNSWEEET Apricots
- $\frac{1}{2}$  teaspoon vanilla extract
- 12 finely cut marshmallows

Beat egg whites with salt until stiff, and gradually beat in sugar.

Whip cream until stiff. Fold in apricot puree, whipped cream, flavoring and marshmallows. Turn into refrigerator tray, place in freezing compartment with control set at lowest temperature and freeze until the mousse is firm. Stir 2 or 3 times during the freezing process. When firm, reset the temperature control to normal. Serves 6.

### APRICOT VELVA SHERBET

- $\frac{1}{2}$  cup SUNSWEEET Apricots
- $2\frac{1}{4}$  cups water
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{8}$  teaspoon salt
- 2 teaspoons plain gelatin
- 1 tablespoon lemon juice

Rinse apricots, add water and cook uncovered about 30 minutes, or until very soft. Drain, reserving liquid. Press apricots through sieve. Add cooking liquid and water, if necessary, to make  $2\frac{1}{4}$  cups pureed apricots. Blend in

sugar and salt. Heat. Soften gelatin in lemon juice and dissolve in hot apricot mixture. Cool. Pour into refrigerator tray, place in freezing compartment with control set at lowest temperature, and freeze until firm. Turn out into chilled bowl and beat with rotary beater until smooth and fluffy. Return to freezing compartment and freeze to desired consistency. Reset temperature control to normal. Makes about 1 quart of smooth velvety sherbet.



## PRUNE ORANGE FLUFF

- $\frac{3}{4}$  cup cooked SUNSWEET Prunes
- 2 teaspoons plain gelatin
- $\frac{1}{2}$  cup cold water
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{4}$  teaspoon grated orange rind
- 1 teaspoon lemon juice
- 2 egg whites
- Few grains salt
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup finely cut marshmallows

Cut prunes from pits into small pieces. Soften gelatin in  $\frac{1}{4}$  cup cold water. Heat remaining water with orange juice and dissolve gelatin into it. Stir in rind and lemon juice. Cool until slightly thickened. Beat egg whites with salt until stiff and gradually beat in sugar. Fold in gelatin mixture, prunes and marshmallows. Chill until firm. Serves 6.

## APRICOT PINEAPPLE MOLD

- $1\frac{1}{2}$  cups SUNSWEET Apricots
- 1 cup syrup from pineapple
- 1 envelope (1 tablespoon) gelatin
- 3 tablespoons cold water
- 1 cup granulated sugar
- 3 egg whites
- Few grains salt
- 2 slices pineapple

Rinse apricots, cover with water and boil until tender. Drain off

most of liquid and press apricots through sieve. Heat pineapple syrup. Soften gelatin in water and dissolve in hot pineapple syrup. Stir in pureed apricot and sugar. Mix thoroughly. Beat egg whites with salt until stiff. Fold into gelatin mixture with diced pineapple. Turn into mold and chill until firm. Unmold and serve plain, or with either plain or whipped cream. Serves 6.









## SUNSWEEP REFRIGERATOR CAKE

- 1 envelope (1 tablespoon)  
plain gelatin
- $\frac{1}{4}$  cup cold water
- $\frac{1}{2}$  cup cooking liquid from  
prunes and apricots
- $\frac{1}{4}$  teaspoon salt
- 2 eggs
- $\frac{1}{2}$  cup pureed cooked  
SUNSWEEP Prunes
- $\frac{1}{2}$  cup pureed cooked  
SUNSWEEP Apricots
- 1 tablespoon lemon juice
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{2}$  cup whipping cream or  
chilled evaporated milk
- 1 dozen lady fingers

Soften gelatin in cold water. Heat cooking liquid with salt and slowly stir in lightly beaten yolks.

Place over hot water and cook and stir until slightly thickened. Remove from heat, pour over softened gelatin and stir until it is dissolved. Blend in pureed fruits and lemon juice. Cool until slightly thickened. Beat egg whites until stiff. Gradually beat in sugar. Whip cream until stiff. Fold meringue and whipped cream into gelatin. Line sides of 2-quart mold with split lady fingers. Fill center with gelatin mixture. Arrange remaining lady fingers over top and press lightly into gelatin. Chill several hours or overnight. Unmold and garnish with whipped cream. Serves 8 to 10.

*Illustrated on opposite page.*

## CRUNCHY PRUNE CREAM

- 1 cup unsweetened cooked  
SUNSWEEP Prunes
- 2 egg whites
- $\frac{1}{2}$  cup granulated sugar
- 1 cup whipping cream
- Dash cloves
- 1 teaspoon vanilla extract
- 1 cup coarsely crushed graham  
crackers

Pit and slice the prunes. Beat the egg whites until stiff but not dry, and then beat in the sugar. Whip the cream until stiff. Gently fold in the egg white mixture, prunes, spice, flavoring, and graham cracker crumbs. A delicious and wholesome dessert with a distinctive flavor. Serve well chilled. Serves 8.

*SUNSWEEP Prunes are extra sweet and rich in flavor because they are fully tree-ripened. They hang in the sunshine until they're so plump and juicy they actually drop from the trees of their own weight, and are then carefully gathered by hand. Extra days in the sunshine . . . extra good eating for you!*





### PINWHEEL COOKIES

- $\frac{3}{4}$  cup pitted unsweetened cooked SUNSWEET Prunes
- $\frac{1}{4}$  cup liquid from prunes
- $\frac{1}{4}$  cup granulated sugar
- $\frac{1}{4}$  teaspoon grated lemon rind
- $\frac{1}{2}$  cup shortening
- 1 cup brown sugar (packed)
- 1 egg
- 1 teaspoon vanilla extract
- $1\frac{3}{4}$  cups sifted all-purpose flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon baking powder

### SOFT PRUNE COOKIES

- 1 cup pitted cooked SUNSWEET Prunes
- $\frac{1}{2}$  cup shortening
- 1 cup brown sugar (packed)
- 1 teaspoon vanilla extract
- 1 egg
- $1\frac{1}{4}$  cups sifted all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  cup cooking liquid from prunes

Chop prunes. Add cooking liquid and granulated sugar and cook over low heat, stirring frequently until thick. Remove from heat and blend in rind. Cool thoroughly. Cream shortening and brown sugar together. Blend in egg and vanilla. Sift together flour, salt and baking powder and blend into creamed mixture. Chill dough a few minutes. Turn out onto sheet of waxed paper and pat into rectangular shape. Roll to rectangle, about 9x12 inches. Spread cooled prune filling over dough and roll as for jelly roll. Pinch edge to seal. Roll in waxed paper and chill very thoroughly. Cut into  $\frac{1}{4}$ -inch slices with sharp knife. Place on greased cooky sheet. Bake in moderately hot oven (375 degrees F.) 12 to 15 minutes. This recipe will make about 3 dozen  $2\frac{1}{2}$ -inch cookies.

Chop prunes. Cream shortening and sugar together thoroughly. Add vanilla and egg and beat well. Sift together flour, baking powder, salt and cinnamon and add to creamed mixture alternately with cooking liquid. Blend in prunes. Drop by teaspoonfuls onto greased cooky sheet. Bake in moderate oven (350 degrees F.) 12 to 15 minutes. Cool on wire rack. Makes about 40 cookies.



## APRICOT DREAM BARS

- $\frac{2}{3}$  cup SUNSWEET Apricots
- $\frac{1}{2}$  cup butter or margarine
- $\frac{1}{4}$  cup granulated sugar
- $1\frac{1}{3}$  cups sifted all-purpose flour
- 2 eggs
- 1 cup brown sugar (packed)
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{2}$  cup chopped nuts
- Confectioners' sugar

Rinse apricots, cover with water and boil 10 minutes. Drain, cool and chop. Combine butter, granulated sugar and 1 cup flour, and

blend together until crumbly. Pack into bottom of greased 8-inch square pan. Bake in moderate oven (350 degrees F.) about 15 minutes, until lightly browned. Beat eggs and gradually beat in brown sugar. Sift remaining  $\frac{1}{3}$  cup flour with baking powder and salt. Stir into egg and sugar mixture. Blend in vanilla, nuts and apricots. Spread over baked layer. Bake at 350 degrees F. about 30 minutes longer. Cool. Cut into bars and roll in confectioners' sugar. This recipe makes 32 bars, 1x2 inches in size.

## PRUNE MERINGUE BARS

- 1 cup SUNSWEET Prunes
- $\frac{1}{2}$  cup shortening
- 1 cup granulated sugar
- 2 eggs
- $1\frac{1}{2}$  cups sifted all-purpose flour
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon cinnamon
- 3 tablespoons milk
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 cup brown sugar (packed)

Rinse prunes, cover with water and boil 5 minutes. Drain and cool. Cut from pits into pieces. Cream shortening and granulated sugar together thoroughly. Add egg yolks and beat until smooth. Sift together flour, salt, baking powder and spice and add to creamed mixture alternately with milk. Blend in vanilla and prunes.

Spread evenly in greased 9-inch square baking pan. Beat egg whites until stiff and gradually beat in brown sugar. Spread over batter. Bake in moderately slow oven (325 degrees F.) 1 hour. Cool and cut into bars. Makes 2 dozen bars ( $2\frac{1}{4} \times 1\frac{1}{2}$  inches).





## SUNSWEEET SALAD SUGGESTIONS

*Buffet Platter:* Arrange slices of pineapple on garnished serving platter and top each with a canned cling peach half. Place plain or minted\* cooked prune in peach half. Serve fruit salad dressing separately.

*Chicken Salad Garnish:* Serve 2 gingered\*, minted\*, or pickled\* prunes on chicken or ham salad plate.

*Cheese Fruit Crown:* Place mound of cottage cheese on crisp greens and surround with plain or pickled\* prunes and cooked apricot halves combined sandwich style with cheese and mayonnaise.

*Fruit Plate Special:* Slit cooked prunes down one side and remove pits. Fill with seasoned cream cheese. Arrange orange slices in semicircle on salad greens and top each with a stuffed prune. Complete arrangement with quartered bananas brushed with lemon juice and rolled in chopped nuts.

*Golden Mold:* Dissolve lemon-flavored gelatin in hot water and apricot cooking liquid. Season with a little lemon juice. When partially thickened, fold in coarsely cut sweetened cooked dried apricots and canned fruit cocktail. Chill in individual molds and serve on crisp lettuce leaves.

*\*Directions for Minted Prunes will be found on Page 30. Recipes for Pickled Prunes and Gingered Prunes are on Page 31.*

## PRUNE JUICE ASPIC

- 1 envelope (1 tablespoon)  
plain gelatin
- $\frac{1}{4}$  cup lemon juice
- 1 cup hot SUNSWEEET Prune  
juice
- 1 tablespoon granulated sugar
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{4}$  teaspoon grated orange rind
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon grated onion
- $\frac{1}{2}$  cup chopped apple
- $\frac{2}{3}$  cup diced orange sections
- Lettuce

Soften gelatin in lemon juice and dissolve in hot prune juice. Blend in sugar, orange juice, rind, salt and onion. Cool to consistency of unbeaten egg white. Stir in apple and orange. Turn into shallow pan and chill until firm. Cut into squares and serve in lettuce cups. Serves 4 to 6.

*SUNSWEEET is the original Prune Juice — rich, full-flavored, brimming with healthful goodness.*







## MOLDED STUFFED PRUNES

- 1 package lemon-flavored gelatin
- 1¾ cups apricot whole fruit nectar
- 1½ tablespoons lemon juice
- ¾ cup cooked SUNSWEET Prunes
- Salt
- Cottage cheese
- Lettuce

Dissolve gelatin in hot nectar and stir in lemon juice. Chill to thickness of unbeaten egg white. Slit prunes down one side and remove pits. Fill with salted cottage cheese. Arrange filled-side-down in shallow pan. Pour thickened gelatin over prunes and chill until firm. Cut into squares. Serve on lettuce with desired dressing. Serves 4 to 6.

*SUNSWEET Brand is owned by the growers themselves, who take pride in maintaining the uniform high quality of the fruit they pack under the brand they own.*

## JELLIED APRICOT SALAD

- 2 cups cooked sweetened SUNSWEET Apricots
- 1½ tablespoons plain gelatin
- ½ cup water
- 3 tablespoons vinegar
- 1 to 2 tablespoons mild prepared mustard
- 1 teaspoon paprika
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- 1 (14½-ounce) can chilled evaporated milk
- 1 cup finely chopped celery
- Lettuce
- Mayonnaise

Beat apricots to a pulp. Soften gelatin in cold water and dissolve over hot water. Add to apricots, mixing thoroughly. Combine vin-

egar, mustard, paprika, sugar and salt and blend into apricots. Whip milk with rotary beater until thick and creamy and fold in fruit and celery. Pour into loaf pan and chill. When firm, unmold and serve on lettuce with mayonnaise garnish. Serves 12 to 14.







### FRUITED STUFFING

- 1 cup SUNSWEET Prunes
- $\frac{1}{4}$  cup chopped onion
- $\frac{2}{3}$  cup thinly sliced celery
- $\frac{1}{4}$  cup butter or margarine
- 4 cups soft bread crumbs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon thyme
- Dash pepper
- 2 tablespoons hot water

Rinse prunes, cover with water and boil 10 minutes. Drain and

*SUNSWEET Prunes are packed and guaranteed by the growers themselves. They are extra fine prunes to begin with. SUNSWEET'S exclusive "Tenderized" process makes them even finer.*

cut from pits into small pieces. Cook onion and celery slowly in butter 5 to 10 minutes. Pour over bread crumbs. Lightly mix in prunes, salt, thyme and pepper. Sprinkle water over crumbs and toss to blend. Use as stuffing for chicken, turkey, breast of veal, spare ribs and shoulder of lamb. Makes enough stuffing for 4-pound roasting chicken. Use 3 times this amount for 12- to 15-pound turkey.

### PRUNE SWEET POTATO CASSEROLE

- 4 medium-sized sweet potatoes
- $1\frac{1}{2}$  cups cooked unsweetened SUNSWEET Prunes
- $\frac{1}{2}$  cup brown sugar (packed)
- 1 teaspoon salt
- 2 tablespoons prune cooking liquid
- 2 tablespoons lemon juice
- $\frac{1}{4}$  cup melted butter or margarine

Cook sweet potatoes in small amount boiling water until tender,

about 30 minutes. Remove skins and cut in lengthwise slices about  $\frac{1}{4}$  inch thick. Place alternate layers of sweet potatoes and prunes in shallow  $1\frac{1}{2}$  quart casserole, sprinkling each layer with brown sugar, salt, prune liquid and lemon juice. Pour melted butter over all. Bake, uncovered, in moderate oven (350 degrees F.) 40 to 45 minutes. Baste occasionally with syrup in baking dish. Serves 5 to 6.



## SUNSWEET PORK CHOP SKILLET

- ¼ cup catsup
- 2 tablespoons lemon juice
- 1 tablespoon grated onion
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- Dash Tabasco sauce
- 4 lean, 1-inch-thick pork chops
- 1 tablespoon oil
- 16 SUNSWEET Prunes
- 16 cloves
- 2 large sweet potatoes
- ½ cup water
- 2 tablespoons brown sugar

Blend catsup, lemon juice, onion, Worcestershire sauce, salt and Tabasco sauce. Pour over pork chops and let stand an hour. Drain chops and brown lightly in oil (watch closely as sauce tends to scorch easily). Stick each prune with whole clove. Pare and halve potatoes. Blend catsup mixture with water, and add to pork chops with potatoes and prunes. Sprinkle brown sugar over potatoes. Cover and cook slowly 45 minutes. *Illustrated on opposite page.*

## PRUNE STUFFED SAUSAGES

- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 2 cups soft bread crumbs
- ¼ teaspoon salt
- Black pepper
- ⅓ cup chopped cooked SUNSWEET Prunes
- 1½ pounds sausage meat
- 5 slices (½-inch thick) apple
- 5 whole prunes

Cook onion slowly in butter until clear and tender. Pour over

crumbs, season with salt and pepper, and blend in prunes. Shape sausage into large flat cakes with edges built up slightly to make shallow cups. Fill each with prune dressing. Place cored apple slice on dressing and top with pitted prune. Place in baking pan, cover, and bake 5 minutes in moderate oven (350 degrees F.). Remove cover and bake 40 minutes longer. Drain off fat after 20 minutes of cooking and add hot water to cover bottom of pan. Serves 5.

*Prunes in their fresh state are one of several varieties of plums which may be dried on the pit without fermenting. Fresh, they are plums . . . dried, you know them as prunes. SUNSWEET Prunes are the finest that California produces . . . packed and guaranteed by the growers themselves.*









*Remember, SUNSWEET Prunes are "Tenderized." It is not necessary to soak them like old-fashioned prunes. They should be prepared by the quick-cooking or pressure cooker method according to recipes developed for this book.*

### APRICOT GLAZE FOR MEATS

- $\frac{1}{2}$  cup SUNSWEET Apricots
- 2 cups water
- $\frac{3}{8}$  cup granulated sugar
- $1\frac{1}{2}$  tablespoons lemon juice
- $\frac{1}{8}$  teaspoon cloves

Rinse apricots, add water and cook slowly 30 minutes, or until fruit is very soft. Drain, reserving liquid. Force apricots through

sieve. Combine pulp with cooking liquid, and add water if necessary, to make 1 cup. Add sugar, lemon juice and cloves and heat together, stirring until sugar is dissolved. Use as glaze to baste ham or roast pork last 15 or 20 minutes of roasting. (Drain fat from pan before glazing meat.) Glazes half a ham.

### APRICOT GINGER CONSERVE

- 3 cups SUNSWEET Apricots
- 5 cups water (approximate)
- $\frac{3}{4}$  cup sliced candied ginger
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{4}$  cup lemon juice
- 1 teaspoon grated lemon rind
- 2 teaspoons grated orange rind
- $2\frac{1}{4}$  cups granulated sugar
- $\frac{1}{2}$  cup chopped nut meats

Rinse and drain apricots. Add water, ginger, orange and lemon juice, rind and sugar. Boil about 45 minutes, or until a good conserve consistency, stirring frequently. Add nuts last 5 minutes of cooking time. Pour into hot glasses and seal with paraffin. Will make about 8 small glasses.

### MINTED PRUNES

Cover 3 cups SUNSWEET Prunes with water, add whole cloves and stick cinnamon and boil about 30 minutes. To 1 cup of cooking liquid from prunes, add  $\frac{1}{2}$  cup vinegar and 1 cup brown sugar.

Boil 5 minutes. Add 10 to 12 drops oil of peppermint or  $\frac{1}{4}$  teaspoon peppermint extract. Allow prunes to cool in minty syrup. Serve cold in salads or with meats. Makes about  $1\frac{1}{2}$  pints.



## GINGERED PRUNES

Boil 3 cups SUNSWEET Prunes in 5 cups water 10 minutes. Cut 2 unpeeled lemons into thin slices and add to prunes with 2 cups

granulated sugar and  $\frac{1}{2}$  cup finely sliced preserved ginger. Simmer about 45 minutes adding more water if needed. Makes about 1 qt.

## PRUNE CRANBERRY CONSERVE

- 3 cups cooked SUNSWEET Prunes
- 1 cup seedless raisins
- 2 cups fresh cranberries
- 3 cups water
- $2\frac{1}{4}$  cups granulated sugar
- Few grains salt

Cut prunes from pits into pieces. Rinse and drain raisins and cranberries. Combine prunes, cranberries, water, sugar and salt and boil 25 minutes. Add raisins and cook 5 minutes longer. Pour into hot sterilized glasses. When cold, seal with paraffin. Makes about  $1\frac{1}{2}$  quarts.

## SUNSWEEET PRUNE PICKLES

- 1 pound large SUNSWEEET Prunes
- 1 cup vinegar
- 1 cup granulated sugar
- 1 cup water
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon

Rinse prunes, cover with water and boil about 10 minutes. Com-

bine vinegar, sugar, water and spices and boil about a minute. Add prunes and bring to boiling point. Remove from heat and cool thoroughly. Return to heat, bring to a boil again and seal at once in two pint jars, to be used as needed. Or keep prunes in covered jar in the refrigerator after pickling.

*It takes three pounds of fresh fruit to make one pound of SUNSWEEET "Tenderized" Prunes. SUNSWEEET Prunes are thrifty—when you buy them, you're buying the equivalent of three pounds of delicious fresh fruit goodness. And they're in season the year around.*





## PRUNE COCONUT SNOWBALLS

- 1 cup SUNSWEET Prunes
- 16 marshmallows
- Drop or two mint extract
- Shredded coconut

Rinse prunes, cover with water and boil 10 minutes. Drain and cool sufficiently to handle. Remove pits (they come out more easily while still a little warm).

Cool and dry. Melt marshmallows over hot water and blend in mint. With two forks, dip prunes one at a time into marshmallow mixture, turning over to coat thoroughly. (Add a few drops of hot water if marshmallow mixture becomes too stiff.) Lift out onto coconut and roll until coated on all sides. Cool on waxed paper. Makes about 16 snowballs.

## APRICOT PINEAPPLE JAM

- 3 cups SUNSWEET Apricots
- 5 cups water
- 4 cups granulated sugar
- 1 No. 2 can crushed pineapple

Rinse and drain apricots. Boil in 5 cups water 30 to 40 minutes,

or until apricots are tender and water is almost evaporated. Beat to a pulp; add sugar and pineapple and continue cooking 20 to 30 minutes or until of desired consistency. Stir frequently. Pour into glasses and seal. Makes 6 to 8 small glasses.

## SUNSWEET CLARET PRUNES

- 24 SUNSWEET Prunes
- 1  $\frac{1}{4}$  cups claret wine
- $\frac{3}{4}$  cup water
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{8}$  teaspoon vanilla extract

Soak prunes overnight in claret and water. Cook in soaking liquid until tender, about 25 minutes. Add sugar and cook 5 minutes longer. Stir in vanilla if desired. Chill thoroughly. Serve as dessert with whipped cream, as meat accompaniment or on salad plate. Serves 4 to 6.



*Make jams or conserves in winter time, enjoy fruit the year round on your table. SUNSWEET dried fruits are "in season" every month of the year.*



**SUNSWEEET** Prunes are hot-packed in foil-sealed cartons. The gleaming foil seals out heat, dust and light, seals in goodness and flavor.



## NO-BAKE FRUIT CAKE

- 2 cups SUNSWEEET Prunes
- 1 cup SUNSWEEET Apricots
- 3 cups seedless raisins
- 2¼ cups cut citron
- 1 cup chopped blanched almonds
- 1 cup coarsely chopped walnuts
- 1 cup thick orange marmalade
- 1½ cups quartered candied cherries
- ½ teaspoon almond extract
- 3 teaspoons vanilla extract
- 1½ cups butter or margarine
- 1 cup honey
- ¼ teaspoon salt
- 1 teaspoon cardamom
- 1 teaspoon cloves
- 2 teaspoons cinnamon
- 9½ cups fine graham cracker crumbs

Cover prunes with cold water and boil 5 minutes; drain. Cut from pits into small pieces. Cover apricots with boiling water, let stand 3 minutes. Drain and cut into thin strips. Cover raisins with boiling water, let stand 5 minutes; drain. Slice citron into thin slivers. Combine raisins, apricots, prunes, citron, almonds, walnuts, marmalade, cherries and flavorings. Blend well. Cream butter and beat in honey, salt and spices. Add about half the crumbs and mix well. Add fruit mixture and remaining crumbs, blending thoroughly. Pack into 1 8-inch and 2 6-inch casseroles. Chill 4 or 5 days before cutting. Makes approximately 7½ pounds.

## SUNSWEEET HOLIDAY CONFECTIONS

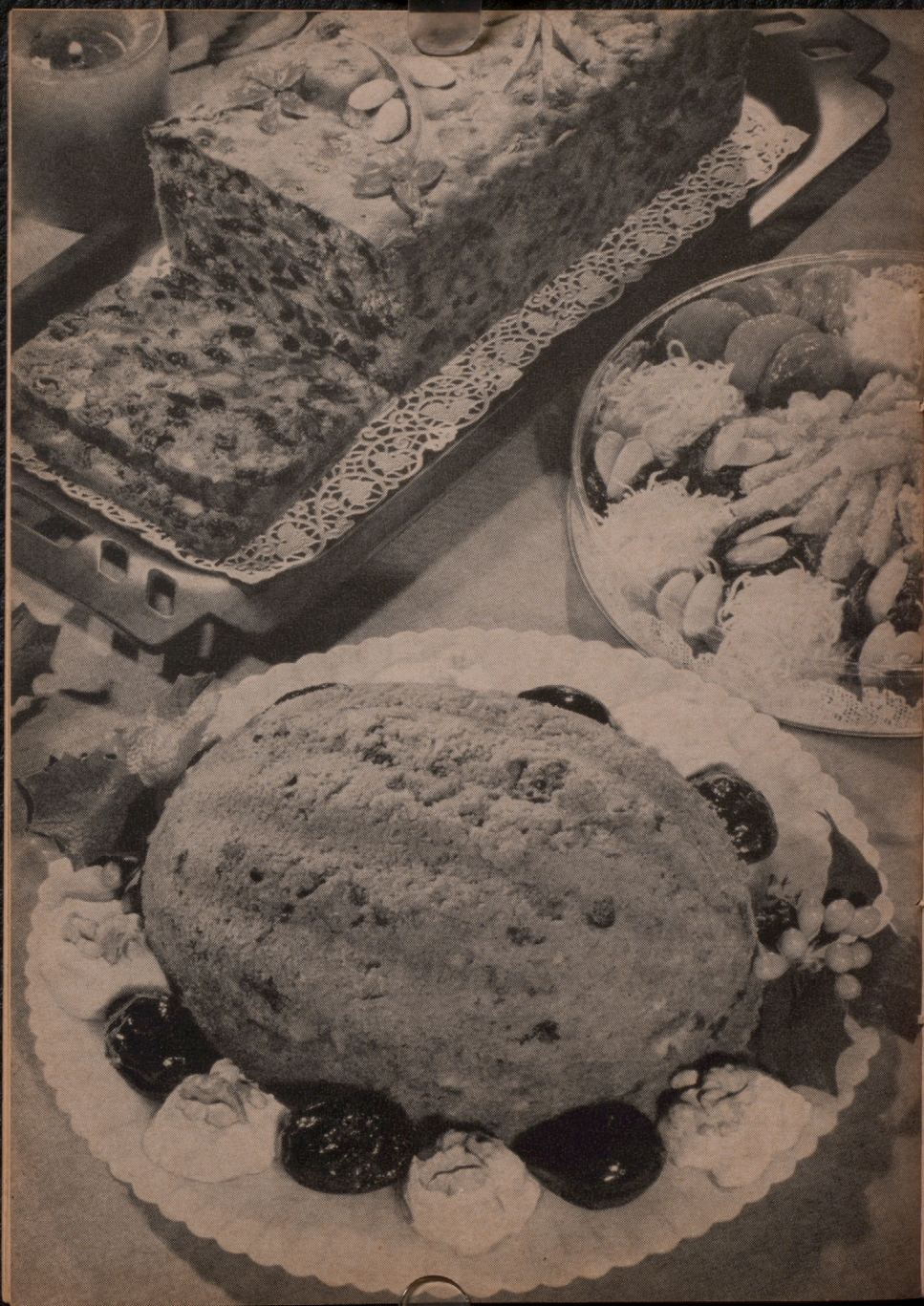
**Sugared Fruit Strips:** Pour boiling water over dried peaches or apricots. Drain and dry thoroughly on paper towels. Cut fruit into strips with kitchen scissors. Roll in granulated sugar.

**Stuffed Prunes:** Place prunes in strainer or colander over boiling

water. Cover closely and steam about 15 minutes. Slit each prune down one side and remove pit. Fill prune with walnut or pecan halves, whole almonds, chopped nuts, chopped preserved ginger-candied fruits or fondant. Roll in granulated sugar.

*Illustrated on Page 34.*







## SUNSWEEET DARK FRUIT CAKE

- 1 cup SUNSWEEET Prunes
- 1 cup SUNSWEEET Apricots
- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup sherry wine
- 2 cups seedless raisins
- 1 cup currants
- 1 cup pitted dates
- $1\frac{1}{2}$  cups diced preserved citron
- 1 cup diced candied pineapple
- $\frac{1}{2}$  cup halved candied cherries
- 2 cups chopped walnuts
- 1 cup butter or margarine
- $1\frac{1}{4}$  cups brown sugar (packed)
- 4 eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon soda

Rinse prunes and apricots, cover with water and boil 10 minutes. Drain and cool. Cut prunes from pits into pieces and chop apricots.

Add honey and wine and heat to boiling. Cover and let stand while preparing remaining ingredients. Rinse and drain raisins and currants. Chop dates. Add citron, pineapple, cherries and walnuts. Cream butter and sugar together thoroughly. Blend in eggs, beating thoroughly after each addition. Sift together flour, salt, spices and soda. Blend flour mixture into creamed mixture. Pour batter over combined fruits and mix thoroughly. Pack batter lightly into 2 greased loaf pans (about 9x5x3 inches) which have been lined with 2 thicknesses of greased brown paper and one of greased waxed paper. Bake in slow oven (275 degrees F.) about 3 to 3½ hours, with shallow pan of hot water in bottom of oven. Remove from pans to cool. Makes about 5½ to 6 pounds.

*Illustrated on opposite page.*

*The recipes contained in this book have been developed especially for SUNSWEEET "Tenderized" fruits by the California Dried Fruit Research Institute. They are kitchen-tested for accuracy and flavor, with ingredients and cooking time adapted particularly to these new-process "Tenderized" fruits.*

◆ *Sunsweet Dark Fruit Cake (Recipe Above), Steamed Prune Pudding (Recipe Page 36) and Holiday Confections (Recipes Pages 32-33)*





### STEAMED PRUNE PUDDING

- 1½ cups cooked SUNSWEET Prunes
- ⅓ cup shortening
- 1 cup brown sugar (packed)
- 1 egg
- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- ¼ teaspoon nutmeg
- ¾ cup cooking liquid from prunes
- ½ cup mixed candied fruits
- ½ cup chopped walnuts

Pit prunes and chop. Cream shortening and sugar together thoroughly. Blend in lightly beaten egg. Sift together flour, baking

powder, salt and spice. Add to creamed mixture alternately with prune liquid. Stir in prunes, candied fruits and nuts. Turn into well-greased 1½-quart mold. Cover tightly and place in kettle containing enough hot water to cover ⅔ of mold. Steam 2½ hours. Let stand 5 minutes, then turn out of mold. Serve hot with hard sauce. Serves 10 to 12.

*Hard Sauce:* Cream ¼ cup butter and 1 cup sifted confectioners' sugar together thoroughly. Add 1 or 2 tablespoons brandy, or ½ teaspoon vanilla and 2 teaspoons hot water. Stir until smooth and fluffy. Makes about 1 cup.

*Illustrated on page 34.*

*SUNSWEET "Tenderized" fruits are fine for the school lunch. Just tuck in a handful. "as is." They're a wonderful quick-energy food. Fine for office workers, too. Keep a carton handy in your desk for mid-afternoon pickup.*



## Special *Sunsweet* Cooking Hints

### **SUNSWEEET Tenderized PRUNES**

No soaking is necessary. Rinse fruit, cover generously with water and cook at a slow boil until tender, about 30 to 40 minutes. Add more water during the cooking, if

necessary, to keep fruit covered with liquid. If desired, add 1 to 2 tablespoons sugar to each cup prunes last 5 minutes of cooking time.

### **SUNSWEEET Tenderized APRICOTS**

Rinse apricots, cover generously with water and cook uncovered at a slow boil until tender, about 25 to 30 minutes. Add more water during the cooking, if nec-

essary, to keep fruit covered with liquid. For sweetened fruit, add approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  cup sugar for each cup apricots last 5 minutes of cooking time.

### **SUNSWEEET Tenderized PEACHES**

Rinse peaches, cover generously with water and boil 5 minutes. Lift from water and remove skins. Return fruit to cooking liquid and cook uncovered at slow boil until tender, about 30 to 40 min-

utes. Add more water during cooking, if necessary, to keep fruit covered with liquid. For sweetened fruit, add  $\frac{1}{4}$  cup sugar for each cup of peaches last 5 minutes of cooking time.

### **SUNSWEEET PRESSURE COOKING**

*Tenderized* SUNSWEEET fruits will cook in a pressure cooker by the time 15 pounds pressure is reached. Allow 1 cup water for each cup prunes or dried apricots,  $1\frac{1}{4}$  cups water for each cup dried peaches. Bring cooker to 15

pounds pressure and remove from heat at once. Allow pressure to drop to zero normally without hastening the cooling. If desired, add sugar (see above) to hot cooked fruit as soon as pressure is down.

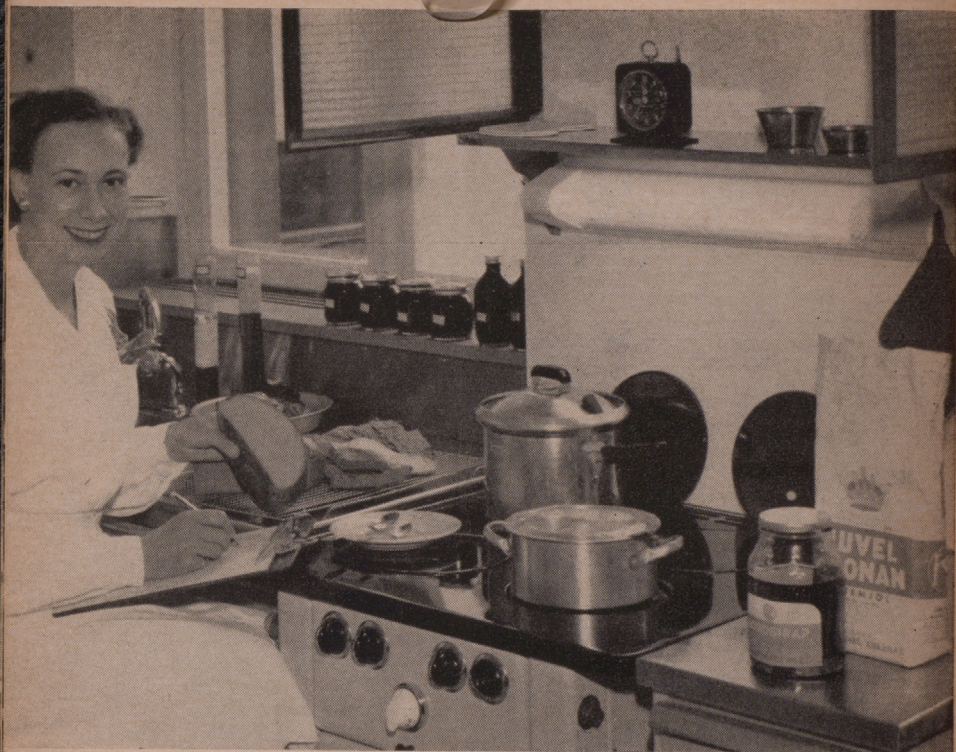
### **THE SUNSWEEET REFRIGERATOR TRICK**

*Prunes*—Fill a glass fruit jar or covered dish with SUNSWEEET Prunes and add boiling water to cover. Cover and allow to stand in refrigerator 48 hours or longer, the longer the better. The fruit is tender and delicious and the syrup thick, full-bodied and flavorful. Cold water or cold or heated fruit juices (pineapple juice, grapefruit

juice, nectars, etc.) may be used the same way. If cold liquid is used, fruit should stand 72 hours or more.

*Peaches*—Dissolve  $\frac{1}{4}$  cup sugar in 1 cup water. Pour over  $\frac{3}{4}$  cup *tenderized* SUNSWEEET Peaches. Cover and let stand in refrigerator 48 hours or longer.





*Anna Agnsater, leading Swedish Home Economist, in her Test Kitchen*

## *Swedish Ways* With Prunes

In Sweden, famous for its good cooks, Prunes are an important item in every kitchen. Many of these Prunes are our own *Tenderized SUN-SWEETS*, which are shipped from California in appreciable quantities to Sweden and the other Scandinavian countries.

Not only are prunes used generously there as fruit, but Swedish housewives have developed many delicious recipes in which Prunes are the chief flavor ingredient. In the following pages, we quote a few of the delicious Swedish recipes which have been furnished us by Mrs. Anna Agnsater, director of the Test Kitchen for the Swedish Kooperativa Forbundet and one of Sweden's leading home economists. Recipes have been adapted for American measurements and methods by the California Dried Fruit Research Institute.



## PRUNES COOKED WITH MEAT

*In Sweden*, prunes are very often used with the heartier meat dishes, such as pork, where their fruity flavor makes a pleasing counter-balance to the rich meat.

*Prune-Larded Ribs of Pork* is a popular Swedish dish, in which ribs of pork are larded with pitted prunes and oven-baked. Juice from the prunes provides the basting liquid for the pork ribs, as well as sauce for serving.

*Poultry and Game*, such as fowls, ducks, and geese, are often stuffed with prunes and apples for delicious flavor.

*Prunes in Pork Blankets* are another popular Swedish dish. Cut pork into thin slices, lay a steamed prune on each slice, roll fruit and meat together, and fasten with toothpick. Fry in a small quantity of fat until brown, lower the temperature and cook until tender.

*Fried Spare Ribs* are delicious served with boiled prunes.

*Meat Loaf* takes on a special flavor when cooked pitted prunes are mixed into the loaf before baking. This is especially true if pork or other fatty meat forms part of the blend.

## VANILLA CREAM WITH PRUNES

*Prunes:*

- 1½ cups prunes
- 2½ cups water
- 4 to 6 tablespoons sugar for prunes

*Vanilla Cream:*

- 2 eggs
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 2 cups light cream or top milk
- 1 teaspoon vanilla extract
- Blanched almonds or nuts

*Prunes:* Boil prunes until soft and add sugar during last few minutes of cooking time. Cool.

*Vanilla Cream:* Mix eggs, cornstarch, sugar and cream in saucepan; simmer while stirring until thickened. Remove from heat and stir in vanilla. Stir occasionally until cool. Put cooled fruit and cream in layers in bowl. Sprinkle with chopped almonds or walnuts. Serve cold. Serves 4.

*In the Scandinavian countries, where the climate and mode of life require substantial energy foods, Prunes are especially important. With their simple fruit sugars, quickly assimilated by the system, they rank as one of nature's finest energy-producing foods.*



## MIXED FRUIT CREAM

- 1½ cups dried mixed fruit or prunes
- 2½ cups water
- 5 to 6 tablespoons granulated sugar (depending on the acidity of the fruit)
- 1 tablespoon cornstarch
- Lemon juice

Cook prunes slowly until soft. Add sugar last 5 minutes. Place fruit

in serving bowl. Thicken cooking liquid with cornstarch moistened in a little water. Sometimes you have to extend the cooking liquid by an addition of water. If desired, season the fruit with a little lemon juice. Serve with light cream or half-and-half cream and milk. This is a simple but nourishing dessert that is quickly and easily made. This recipe serves 4.

## FRUIT PUDDING WITH BAKED CUSTARD

- 1½ cups prunes or mixed fruit
- 2½ cups water
- 4 to 6 tablespoons sugar

### *Custard:*

- 2 eggs
- 2 tablespoons flour
- 2¼ cups milk

Soak prunes or mixed fruit and boil in soaking water until soft.

Drain. Put fruit into glass baking dish and sprinkle with sugar.

*Custard:* Beat eggs; stir in flour and milk. Pour over fruit. Bake in moderate oven (350 degrees F.) until the custard has set, about 45 minutes to an hour. Serve warm, plain or with light cream. Serves 4.

## PRUNE SOUFFLE

- 1 cup prunes
- 2½ cups water
- 4 tablespoons sugar
- 10 blanched almonds
- 5 egg whites

Cook prunes in the usual manner until soft. Drain. Pit prunes and chop finely. Mix in sugar and

chopped almonds. Beat egg whites stiff, and then continue beating 10 minutes. Stir carefully into fruit mixture. Pour into well-greased baking dish. Bake in slow oven (300 degrees F.) 40 to 45 minutes. Serve souffle immediately with light or heavy cream. Recipe serves 4.



## PRUNE MERINGUE PUDDING

### *Prunes:*

- 1½ cups prunes
- 2½ cups water
- 4 to 6 tablespoons sugar

### *Meringue:*

- 2 egg whites
- 5 tablespoons sugar
- Chopped almonds

*Prunes:* Soak prunes and boil until soft in soaking water. Add

sugar last few minutes cooking time. Place in glass baking dish.

*Meringue:* Beat egg whites stiff and fold in sugar carefully. Spoon meringue in swirls over fruit. Sprinkle chopped almonds or nuts over top. Bake in slow oven (300 degrees F.) until the meringue is light yellow color, about 20 minutes. Serve with cream or vanilla sauce. Serves 4.

## PRUNE ALMOND WHIP

- 12 prunes
- 10 sweet almonds
- 2 cups milk
- 2 eggs
- 6 tablespoons sugar

Cut prunes from pits into strips. Blanch and shred almonds. Put prunes and almonds into greased baking dish. Bring milk to boil-

ing and let cool. Beat egg yolks and sugar together and mix with milk. Whip egg whites stiff and fold carefully into other ingredients. Pour over fruit. Bake in moderate oven (350 degrees F.) until custard has set (will take about 30 to 40 minutes). Serve cool, with light cream or top milk. Serves 4.

## PRUNE OR MIXED FRUIT SOUP

- 1½ cups mixed dried fruit or prunes
- 5 cups water
- 4 tablespoons sugar
- 1½ tablespoons cornstarch
- Lemon juice

Cook fruit in usual manner until soft. Add sugar during last few minutes of cooking time. Stir in cornstarch moistened in a little cold water. Bring mixture to boiling. Season with lemon juice, if desired. Serve the soup cool or cold. Serves 4.







# Good Eating . . . Good for You!

Prunes are not only good . . . fruity, appetizing, delicious . . . but they're good for you, as well. This is because their nutritional content provides so many elements essential to health. They are rich in vitamins, rich in iron and other important food minerals, rich in the natural fruit sugars that are easily assimilated and quickly converted to pep and energy. Their laxative value, of course, is widely recognized.

## RICH IN VITAMINS

Prunes contain more of the valuable vitamin A than any other commonly used fruit with the exception of apricots. They rank at the top of the list for riboflavin (vitamin B<sub>2</sub>), with a higher riboflavin content than any other fruit. Their riboflavin, in fact, is comparable to the amount found in wheat germ, and from one-half to one-quarter the amount found in dried milk, eggs, spinach, yeast and liver. They also contain appreciable amounts of the remaining B vitamins, as well as vitamins C and E, as shown by the following table:

### VITAMINS IN 100 GRAMS (3½ OZ.) OF PRUNES

|                              |      |                     |
|------------------------------|------|---------------------|
| A                            | 2700 | International Units |
| B <sub>1</sub> (thiamin)     | 300  | micrograms          |
| B <sub>2</sub> (riboflavin)  | 1.4  | milligrams          |
| Niacin (nicotinic acid)      | 1.5  | milligrams          |
| B <sub>6</sub> (pyridoxine)  | 0.8  | milligrams          |
| Pantothenic acid             | 5.0  | milligrams          |
| Vitamin E (alpha tocopherol) | 3.0  | milligrams          |
| Vitamin C (ascorbic acid)    | 1.3  | milligrams          |

## RICH IN IRON

Prunes rank high among the fruits for their iron content. Along with this, they contain copper as well, an essential element for the utilization of iron by the system. Thus they provide an important food in certain types of anemia where iron is indicated



for red cell restoration. A physician can advise whether they are valuable for specific cases. In addition to their iron and copper, prunes contain manganese, sodium, potassium, calcium and phosphorus in appreciable quantities as indicated below:

#### MINERALS IN 100 GRAMS (3½ OZ.) OF PRUNES

|                      |                |
|----------------------|----------------|
| Iron . . . . .       | 4 milligrams   |
| Copper . . . . .     | 3 milligrams   |
| Manganese . . . . .  | 4 milligrams   |
| Sodium . . . . .     | 6 milligrams   |
| Potassium . . . . .  | 666 milligrams |
| Calcium . . . . .    | 54 milligrams  |
| Phosphorus . . . . . | 85 milligrams  |

#### RICH IN NATURAL FRUIT SUGARS

As a quick-energy food, Prunes are high on the list because they are rich in the natural fruit sugars that are quickly assimilated and swiftly absorbed into the blood. These simple fruit sugars are one of nature's finest energy-producing foods. Thus it is that just a handful of Prunes eaten direct from the carton, even with no cooking at all, will give a quick pick-up to tired office workers, hikers, or those engaged in fatiguing occupations. A few in the lunch box or a carton in the office desk provide the first line of defense against mid-afternoon slump due to lack of energy food. Analysis of Prunes along this line is as follows:

|                                                        |        |
|--------------------------------------------------------|--------|
| Reducing sugars (dextrose, levulose and sucrose) . . . | 49.5 % |
| Starch . . . . .                                       | 1.54 % |
| Crude Fiber . . . . .                                  | 1.86 % |
| Hemicelluloses or pentose sugars and pentosans . . .   | 18.1 % |

#### PRUNES AS AN ALKALINE FOOD

Contrary to the erroneous belief held by many, Prunes and Prune Juice are not "acid" foods, and do not cause acidosis or reduce the CO<sub>2</sub> binding power in the blood. On the contrary, laboratory analysis shows Prunes and Prune Juice to be high on the list of potentially alkaline foods.



## **RICH IN LAXATIVE POTENTIAL**

Prunes are universally recognized as an excellent regulatory food and one of the best of nature's mild, natural laxatives. This laxative property of Prunes is due in part to their soft fruit bulk. Beyond that, however, Prunes possess an active laxative agent soluble in water, alcohol and pyridin. This active principle is present in all forms of Prune products, including even canned Prunes and Prune Juice, which has it to a marked degree. *No other foods or fruits* contain this peculiar principle of Prunes. It is further indicated that the presence of vitamin B<sub>1</sub> may also be a contributing factor to the laxative value of Prunes. Hence, Prunes and Prune Juice are unique in their special health-giving properties, and should be included regularly in the diet.

## **PRUNES IN SPECIAL DIETS**

Prunes are among the fruits which are allowed on low sodium diets. They are also among the few which are allowed on the Cereal Free Rowe Elimination Diet 1, 2 and 3, used in treating allergy patients.

## **Dried *Apricots* and *Peaches* Are Good for You, Too!**

Like Prunes, both dried Apricots and Peaches are rich in easily digestible fruit sugars. They also possess outstanding iron and copper values which make them highly important in the treatment of anemia. Their hemoglobin regeneration ability equals that of liver. Dried Apricots are one of the richest sources of vitamin A-active carotinoids, comparable with butter, cheese, cream and spinach. The vitamin C content of dehydrated Peaches is on a par with that found in fresh orange juice and raw tomatoes. Dried Apricots and Peaches both have an alkaline ash, and are recommended for use in many allergy diets.



## Analysis of Dried Apricots and Peaches

### APPROXIMATE COMPOSITION OF DRIED APRICOTS

|                                                                  |      |
|------------------------------------------------------------------|------|
| Carbohydrates . . . . .                                          | 67%  |
| Moisture . . . . .                                               | 24%  |
| Protein . . . . .                                                | 5.2% |
| Fat . . . . .                                                    | .4%  |
| Ash ( <i>Yields Alkaline Mineral Residue in Body</i> ) . . . . . | 3.5% |
| Calories per gram . . . . .                                      | 29.0 |

### VITAMINS IN 100 GRAMS DRIED APRICOTS

|                                       |                             |
|---------------------------------------|-----------------------------|
| A . . . . .                           | 8,500 International Units   |
| B <sub>1</sub> (thiamin) . . . . .    | .08 milligrams (dehydrated) |
|                                       | .192 milligrams (sun dried) |
| B <sub>2</sub> (riboflavin) . . . . . | .16 milligrams (dehydrated) |
|                                       | .217 milligrams (sun dried) |
| Niacin (nicotinic acid) . . . . .     | 3.9 milligrams              |
| C (ascorbic acid) . . . . .           | 12 milligrams               |

### MINERALS IN 100 GRAMS DRIED APRICOTS

|                      |                  |
|----------------------|------------------|
| Iron . . . . .       | 7.5 milligrams   |
| Sodium . . . . .     | 11 milligrams    |
| Potassium . . . . .  | 1,700 milligrams |
| Calcium . . . . .    | 86 milligrams    |
| Phosphorus . . . . . | 119 milligrams   |

### APPROXIMATE COMPOSITION OF DRIED PEACHES

|                                                                  |       |
|------------------------------------------------------------------|-------|
| Carbohydrates . . . . .                                          | 69.4% |
| Moisture . . . . .                                               | 24%   |
| Protein . . . . .                                                | 3.0%  |
| Fat . . . . .                                                    | .6%   |
| Ash ( <i>Yields Alkaline Mineral Residue in Body</i> ) . . . . . | 3.0%  |
| Calories per gram . . . . .                                      | 29.5  |

### VITAMINS IN 100 GRAMS DRIED PEACHES

|                                       |                           |
|---------------------------------------|---------------------------|
| A . . . . .                           | 3,300 International Units |
| B <sub>1</sub> (thiamin) . . . . .    | .01 milligrams            |
| B <sub>2</sub> (riboflavin) . . . . . | .20 milligrams            |
| Niacin (nicotinic acid) . . . . .     | 5.4 milligrams            |
| C (ascorbic acid) . . . . .           | 35.5 milligrams           |

### MINERALS IN 100 GRAMS DRIED PEACHES

|                      |                  |
|----------------------|------------------|
| Iron . . . . .       | 6.9 milligrams   |
| Sodium . . . . .     | 12 milligrams    |
| Potassium . . . . .  | 1,100 milligrams |
| Calcium . . . . .    | 44 milligrams    |
| Phosphorus . . . . . | 126 milligrams   |



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**CALIFORNIA PRUNE AND APRICOT GROWERS ASSN.**

MAIN OFFICE: SAN JOSE, CALIFORNIA  
Growers and packers of SUNSWEET "Tenderized"  
Prunes in Medium, Large, and Extra Large Size Fruit,  
SUNSWEET "Tenderized" Apricots in Large and Me-  
dium Size Fruit, SUNSWEET "Tenderized" Peaches,  
SUNSWEET Prune Juice, SUNSWEET Whipped Prunes.